SHOOTING FOR GOLD

SASKATCHEWAN'S CHAD JASSMAN SAYS CANADA'S WHEELCHAIR BASKETBALL TEAM IS LOOKING TO TOP ITS 2008 PARALYMPIC SILVER AT THIS YEAR'S GAMES PAGE 2

SASKATOON metro®

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News worth sharing.

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Senator's wife ordered to stay away from husband

Maygan Sensenberger, wife of Senator Rod Zimmer, walks to a waiting car outside of provincial court in Saskatoon on Monday morning. MORGAN MODJESKI/METRO

Plane incident fallout. Manitoba Senator Rod Zimmer, 69, and wife Maygan Sensenberger, 23, were in court on Monday morning

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A senator's 23-year-old wife charged with causing a disturbance and endangering an aircraft received a bittersweet anniversary gift from a Saskatoon judge.

Maygan Sensenberger was released from jail Monday, but told not to have contact with her husband, Rod Zimmer, a Manitoba senator. She is also prohibited from drinking alcohol and entering bars.

The provincial court judge who issued the ruling didn't explain why Sensenberger is to stay away from her husband, who was also in court.

The couple, who married one year ago, made headlines last Thursday when Saskatoon police were called to meet a plane carrying a disruptive passenger.

The two were flying to Saskatoon from Ottawa when Zimmer experienced tightness in his chest. Sensenberger reacted by becoming upset.

Court records show police believe she uttered threats against her husband and threatened to take down the plane.

Fellow passenger Scott Wright, a former ambulance attendant, said he witnessed the couple arguing, but denied that any threats were made. Wright testified that Sensenberger seemed concerned about her husband's medical condition.

He added that the 69-year-old Zimmer seemed to feel better after being given oxygen, but that Sensenberger remained upset.

Upon hearing the judge's order, Sensenberger told the judge, "I don't know what to do."

The judge said the process will unfold "one step at a time."

No one was injured in last week's incident.

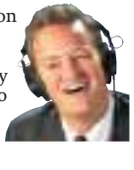
Sensenberger is set to appear in domestic violence court — which sometimes gives people a chance to enter a plea and receive treatment in exchange for a lesser sentence — on Tuesday at 9 a.m.

WITH FILES FROM THE CANADIAN PRESS

Fire spreads at oil refinery

The Venezuelan government is facing criticism over its response to the gas leak that led to Saturday's deadly explosion, as the intense fire spreads PAGE 4

Fall TV preview



It's open season for new TV series. Can Matthew Perry keep NBC's Go On going on? PAGE 8

NEWS 1

‘We all believe in winning gold’

Hoop dreams. Wheelchair basketball player Chad Jassman headed to London Paralympics

DORIAN GEIGER
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In 2004, a car accident robbed Chad Jassman of the use of his legs.

Fast-forward to the present and the Burstall, Sask., native has evolved into a wheelchair basketball star who will represent Canada at the Paralympic Summer Games in London from Aug. 29 to Sept. 9.

Jassman began playing wheelchair basketball in 2006. After being dismissed twice from the national team, Jassman finally made the cut in 2009. He also plays professionally for the Trier Dolphins in Germany.

Jassman credits his attitude for his successes on the court.

“Being positive about everything in life has improved my chances of being successful, and (helped me) overcome difficult obstacles my life has ran into along the way,” Jassman said via email from the U.K.

Canada won silver in wheelchair basketball at the 2008 Beijing Olympics, and, despite the team’s being currently ranked seventh in the world, Jassman said bringing home gold is an attainable feat.

“Canada is looking great. We’ve recently beat many of the world’s top teams, although there are a lot of good teams in the tournament and it will be very difficult. We’re definitely one of the favourites going in, and we all believe in winning gold.”

Team Canada faces Japan on Aug. 30 in London.

Chad Jassman, a Saskatchewan wheelchair basketball athlete competing in the 2012 Paralympic Summer Games for Team Canada, moves down the court during the 2010 World Championships. KEVIN BOGETTI-SMITH/WHEELCHAIR BASKETBALL CANADA

Man of many talents

Adrenaline junkie also a certified pilot

When he’s not shooting hoops, Jassman spends his time in the clouds. An adrenaline junkie, the 28-year-old is also a certified pilot.

“I always wanted to be a pilot since I was young. When I get a break from basketball, I want to finish my glider’s licence and get back into flying and take more time to do other sports such as sit-skiing.”

METRO

‘Generation’ award

Taylor Swift to receive award at CCMAs in Saskatoon

Taylor Swift will attend this year’s Canadian Country Music Association Awards in Saskatoon to accept the inaugural CCMA Generation prize.

Swift will be honoured at the award show on Sept. 9 for going “beyond the borders of the country music genre onto an international stage.”

CCMA board chairman Ted Ellis says Swift has been the top-selling country artist in Canada since 2010, and has previously won three CCMA awards for top-selling album.

The show will air on CBC at 8 p.m., with encore airings on CMT.

Performers set to take the stage include Gord Bamford, Jason Blaine, Doc Walker, Emerson Drive, Eric Church and Miranda Lambert. Scottish-born crooner Johnny Reid leads with eight nominations heading into the bash.

Reid and Brody are also in the running for album of the year, competing against Doc Walker’s 16 & 1, Paul Brandt’s Give it Away and Terri Clark’s Juno-winning record Roots and Wings.

The gala will be held at Saskatoon’s Credit Union Centre.

THE CANADIAN PRESS

Taylor Swift

Mobile news

Do you like to cuddle? This woman does. Scan the code to watch one lady’s sleepy snuggle session that shocked a fellow commuter.

Making mistakes. Riders can’t keep saying ‘next week’: Chamblin

On Monday, the Riders took the field for the first time since losing their fifth straight game.

“This is a good football team,” reassured Riders’ head coach Corey Chamblin. “They have to find a way to work, for all them to come together.”

Darian Durant held a players-only meeting at centre field after practice.

“I just didn’t want any extra ears around, I wanted to be able to talk to the guys ... only,” said Durant.

Two opponents

“The first opponent is ourselves and the second is time.”

Riders’ head coach Corey Chamblin

“We are the ones out there playing and we are out there in the heat of battle and making the mistakes that contribute — mostly — to the wins and losses.

“At some point in time — and it has to be now — we have to correct ourselves so we don’t keep waiting and saying ‘next week.’”

Chamblin also confirmed Monday that the Riders are bringing in veteran linebacker and former Winnipeg Blue Bomber Joe Lobendahn.

“Joe is a veteran presence in there,” said Chamblin. “Even when I was in Hamilton and I looked at Joe and he was fierce.”

Lobendahn will need to pass a physical before he can officially join the team.

JEFF MACKEY/METRO IN REGINA

Weston Dressler on the sidelines at Saturday’s game against Calgary. Dressler was held to only 20 receiving yards in the team’s fifth straight loss.

THE SASKATCHEWAN ROUGHRIDERS FOOTBALL CLUB

Lt.-Gen. Tom Lawson

Next defence staff chief named

Lt.-Gen. Tom Lawson, a former fighter pilot, has been named as the next chief of the defence staff, the country's top military post.

Prime Minister Stephen Harper says Lawson will formally succeed Gen. Walt Natynczyk within weeks.

THE CANADIAN PRESS

Typhoon Tembin

Storm expected to revisit Taiwan and Philippines

Typhoon Tembin, which drenched southern Taiwan last week before going out to sea, appeared to be looping back Monday for another run at the island and the nearby Philippines, forecasters said.

THE ASSOCIATED PRESS

A man walks down a lane of water-damaged furniture from heavy rains brought by typhoon Tembin in Pingtung county, Taiwan, Friday.

THE ASSOCIATED PRESS

On shaky ground

Quake rocks coast of El Salvador

A strong magnitude-7.3 earthquake struck off the coast of El Salvador followed an hour later by a magnitude-5.4 aftershock, authorities said early Monday. There were no immediate reports of damages or injuries.

THE ASSOCIATED PRESS

South Africa

Police probing killings of miners

South Africa's police are investigating each of the 34 killings of striking mine workers and are also looking into allegations that arrested miners have been beaten in police custody, the police directorate of complaints spokesman said Monday. THE ASSOCIATED PRESS

N.Y.C. shooting

Head of police defends officers for gun battle

New York City Police Commissioner Raymond Kelly is defending two officers' decision to kill an armed gunman outside the Empire State Building, which led to nine bystanders being wounded. THE ASSOCIATED PRESS

Ex-boyfriend charged with murder

Toronto body-parts case. Guang Hua Liu had a four-year relationship with accused, police say

An ex-boyfriend of a woman whose body parts were found scattered in two Toronto-area parks has been charged in her death.

Peel Regional Police Insp. George Koekkoek told a news conference the 40-year-old man is charged with second-degree murder in what he described as a "domestic-related homicide."

Chun Qi Jiang was arrested in Toronto on Sunday and remanded into custody when he appeared in court on Monday.

Jiang, a Canadian citizen of Chinese descent, was not previously known to police, Koekkoek said.

Grisly discoveries

- On Aug. 15, Liu's right foot was found in the Credit River in Mississauga, Ont. Liu's head and hands were later discovered in the river.
- Two calves, a thigh and an arm were found in West Highland Creek, just blocks from where she lived in Toronto.

The inspector said Jiang had a four-year relationship with Guang Hua Liu, 41, and the couple was recently estranged. He did not know exactly when the relationship ended.

"We're still trying to flesh out those details so I'm not at liberty to go any further on that part," he said.

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Tornado tears through Florida community

Karen Asselin, left, gets a hug from neighbour Joyce Hoffeditz following a tornado that severely damaged both of their homes in Vero Palm Estates in Vero Beach, Fla., Monday. Wind took out windows in every room of Hoffeditz's home, except for the spare bedroom she took cover in.

SAM WOLFE/THE STUART NEWS/THE ASSOCIATED PRESS

Student protests.

Chaos reigns in return to Quebec classrooms

The calm of summer was shattered Monday with the return of school for Quebec universities, where some classes were disrupted as protesters disobeyed the back-to-school law.

Chaotic scenes, reminiscent of those seen across the province in the spring, suddenly flared up at two Montreal universities after a relatively quiet summer.

The province passed an emergency law, known as Bill 78, to set stiff fines for people who prevent students from attending class.

A tumultuous standoff erupted in the corridors of Universite de Montreal between security guards and masked protesters. The demonstrators were trying to spring seven of their comrades who had been detained by officials in a fourth-floor classroom.

A security guard checks the door to a classroom as demonstrators block the entrance at the Universite du Quebec a Montreal on Monday.

PAUL CHIASSON/THE CANADIAN PRESS

Meanwhile, across town, masked demonstrators entered Universite du Quebec a Montreal and disrupted classes. Protesters also blocked cameras and one person taunted a journalist.

THE CANADIAN PRESS

Melting away.

Summer heat shrinks Arctic Ocean ice to record low

Critical ice in the Arctic Ocean melted to record low levels this sweltering summer and that can make weather more extreme far away from the poles, scientists say.

The National Snow and Ice Data Center reported Monday that the extent of Arctic sea ice shrank to 4.09 million square kilometres and is likely to melt more in the coming weeks. That breaks the old record of 4.17 million square kilometres set in 2007.

The North Pole region is an ocean that mostly is crusted at the top with ice. In the winter, the frozen saltwater surface usually extends about 15.54 million square kilometres, shrinking in summer and growing back in the fall. That's different from Antarctica, which is land covered by ice and snow and then surrounded by sea ice.

Quoted

"It really does imply that the Arctic is moving to a new state. The Arctic is changing."

Tom Wagner, NASA ice systems program scientist

Normally sea ice in the Arctic reaches its minimum in mid-September and then starts refreezing. But levels on Sunday shrank 69,930 square kilometres beyond the old record.

Figures are based on satellite records dating back to 1979. The ice centre bases its figures on averages calculated over five days.

THE ASSOCIATED PRESS

Terror plot.

Prosecutors claim U.S. soldiers formed militia inside army

Four U.S. army soldiers killed a former comrade and his girlfriend to protect an anarchist militia group they formed that stockpiled assault weapons and plotted a range of anti-government attacks, prosecutors told a judge Monday.

Prosecutors in rural Long County, near the sprawling army post Fort Stewart, said the militia group, composed of active-duty and former U.S. military members, spent at least $87,000 buying guns and bomb components. They also said the militia was serious enough to kill two people — former soldier Michael Roark and his 17-year-old girlfriend, Tiffany York — by shooting them in the woods last December in order to keep the group's plans secret.

"This domestic terrorist organization did not simply plan and talk," prosecutor Isabel Pauley told a Superior Court judge. "Prior to the murders in this case, the group took action. Evidence shows the group possessed the knowledge, means and motive to carry out their plans."

One of the Fort Stewart soldiers charged in the case, Army Pfc. Michael Burnett, also gave testimony that backed up many of the assertions made by prosecutors. THE ASSOCIATED PRESS

Fessing up

Burnett, 26, pleaded guilty Monday to manslaughter, illegal gang activity and other charges. He made a deal to co-operate with prosecutors in their case against the three other soldiers.

Russia

Pussy Riot's attorney appeals jail sentences

Three members of the Pussy Riot punk band have appealed a court's decision to jail them for two years for their "punk prayer" against Russian leader Vladimir Putin in a Moscow cathedral, their lawyer said Monday.

The stunt angered Russia's dominant Orthodox Church, but the women's trial and punishment also upset human-rights activists and others who accused the Kremlin and the Church of orchestrating the trial amid a crackdown on Putin's critics.

The women were sentenced on Aug. 17, and their lawyer Violetta Volkova said the appeal was submitted to the Khamovniki district court on Monday. A decision is expected within 10 days. THE ASSOCIATED PRESS

England

Phantom lion spooks village?

So were the locals lying about the lion?

Police said Monday that they've found no evidence to support area residents' claims that they'd spotted a big cat prowling the countryside near the village of St. Osyth, in the southeastern English county of Essex. THE ASSOCIATED PRESS

Kenya

Killing of Muslim cleric sparks deadly riot

Gunmen in Kenya's coastal city of Mombasa shot dead a Muslim cleric accused by Washington and the United Nations of supporting al-Qaida-linked militants in Somalia, sparking rioting by youths in which one person died and at least one police car was burned.

The killing on Monday of Aboud Rogo fits into a pattern of extrajudicial killings and forced disappearances of suspected terrorists that is allegedly being orchestrated by Kenyan police, say Kenyan human-rights groups.

Rogo was shot dead as he drove with his family in Mombasa, Rogo's lawyer, Mbugua Mureithi, told The Associated Press. Rogo's wife was wounded in the leg. THE ASSOCIATED PRESS

Germany

Official killed by wayward javelin

A sports official in Germany has died after being struck in the throat by a javelin, police said Monday.

The 74-year-old man was adjudicating at a youth-athletics event in the western city of Duesseldorf when the incident happened late Sunday, said a police spokesman. THE ASSOCIATED PRESS

Fire spreads 3 days after massive refinery blast

Venezuela. Residents in nearby neighbourhood troubled by lack of warning

An intense fire at a Venezuelan refinery spread to a third fuel tank on Monday nearly three days after an explosion killed at least 41 people and injured more than 150.

Oil Minister Rafael Ramirez said a third tank ignited at the Amuay refinery, which has been in flames since Saturday's blast.

Government officials had previously said they had the blaze contained, and the spread to another tank was an apparent setback to their plans to quickly restart the refinery.

Officials have said a gas leak led to the blast, but investigators have yet to determine the precise causes. Prosecutor General Luisa Ortega said at a news conference that 151 people were injured, 33 of whom remain in hospitals.

A nine-year-old girl was missing in the area, Health Minister Eugenia Sader said on television.

Criticisms of the government's response to the gas leak emerged from local residents as well as oil experts.

People in neighbourhoods next to the refinery said they had no official warning before the explosion hit at about 1 a.m. on Saturday.

"What bothers us is that there was no sign of an alarm. I would have liked for an alarm to have gone off or something," said Luis Suarez, a bank employee in the neighbourhood. "Many of us woke up thinking it was an earthquake." THE ASSOCIATED PRESS

Undetected leak

"That the gas leak went undetected for a number of hours ... indicates to me that there is a lack of safety-related planning."

Energy analyst Jorge Pinon

Plumes of black smoke and flames continue to rise over the Amuay refinery near Punto Fijo, Venezuela, Monday. ARIANA CUBILLOS/THE ASSOCIATED PRESS

Qur'an burning. No criminal charges for U.S. soldiers

Six U.S. army soldiers and three Marines escaped criminal charges but received administrative punishments for burning Qur'ans and urinating on the corpses of Taliban insurgents in Afghanistan, U.S. military officials said Monday.

The two incidents, revealed earlier this year, hurt relations with Afghans. U.S. military leaders widely condemned the incidents.

The Qur'an burning triggered riots and retribution killings, including two U.S. troops who were shot by an Afghan soldier and two U.S. military advisers who were gunned down at their desks at the Interior Ministry.

The soldiers were disciplined for the burning of Qur'ans earlier this year at a U.S. base in Afghanistan, and the Marines were punished for their participation in a video that showed them urinating on Taliban corpses.

Discipline against a navy sailor in the Qur'an burnings was dismissed. THE ASSOCIATED PRESS

Belgium braces for release of killer's accomplice

Jean Denis Lejeune, father of one victim, centre back to camera, is hugged by Betty and Paul Marchal following the funeral service for two slain girls, Melissa Russo and Julie Lejeune, in 1996. MICHEL SPINGLER/THE ASSOCIATED PRESS FILE

Even after all these years, the mere mention of the name "Marc Dutroux" can wipe the smile off the face of almost any Belgian.

And now that the convicted pedophile and killer's ex-wife — an accomplice who let two of his victims starve to death — is on the verge of release, Belgium is being forced to relive some of its darkest moments.

On Tuesday, the nation's highest court will likely approve granting Michelle Martin conditional freedom, even though she served little more than half of the 30-year sentence she was given for her part in the mid-1990s kidnappings, rapes and killings. One of Belgium's most loathed criminals could walk free within hours or days afterward.

For many in this country, memories that had been largely buried are now resurfacing.

"We are scared for our children, obviously, for the other children as well," said Celine Doignies, a bar owner in the village of Malonne, where Martin is expected to move into a convent as part of the conditions of her release.

Martin depicted herself as a more passive culprit than Dutroux, acting on the whims of a psychopath.

But she is still blamed for aiding her then-husband's depraved and murderous spree, and is particularly loathed for letting two eight-year-old girls starve to death while Dutroux was briefly imprisoned.

The Court of Cassation will decide on appeals from the prosecutor's office and the families of victims on Tuesday and rule if procedural errors were made in the decision of a lower court to approve Martin's conditional release.

Under Belgian law, release is possible after a convict has served one-third of his or her sentence, including credit for pre-trial detention. It is rarely questioned for common criminals, but obviously in Martin's case, a lot of emotion is involved. THE ASSOCIATED PRESS

Convictions

Dutroux, who was an unemployed electrician and convicted pedophile on parole at the time of the crimes, was convicted eight years after his 1996 arrest of abducting, imprisoning and raping six girls between the summers of 1995 and 1996.

- Two eight-year-olds starved to death in a secret basement dungeon built by Dutroux, who left them in Martin's care while he was serving four months in jail for theft.

Syria. Rebels take down regime helicopter: Activists

A Syrian military helicopter crashed in a ball of fire Monday after apparently being hit during clashes between government forces and rebels in the capital Damascus, activists said, in a sign of the fighters' growing abilities as they struggle to topple President Bashar Assad's regime.

A video posted on the Internet showed the chopper engulfed in flames and spinning out of control shortly before it hit the ground amid bursts of gunfire near a mosque. Rebels shout "Allahu Akbar!" or God is great, as the helicopter went down. The authenticity of the video could not be independently verified.

In Paris, French President Francois Hollande ratcheted up the diplomatic pressure on the already isolated Assad regime, calling on the Syrian opposition to form a provisional government, saying France would recognize it once it was formed.

The announcement from Hollande — believed to be the first of its kind — also appeared to be an attempt to jolt Syria's deeply fragmented opposition into unity. But Syria's fractured opposition has been rife with infighting since the anti-Assad revolt broke out in March 2011, and it is far from clear whether it could cobble together a provisional administration anytime soon.

"France asks the Syrian opposition to form a provisional government — inclusive and representative — that can become the legitimate representative of the new Syria," Hollande said in a speech to France's ambassadors. "France will recognize the provisional government of Syria once it is formed." THE ASSOCIATED PRESS

Bold moves

Syria's lightly armed rebels have grown bolder and their tactics more sophisticated in recent months.

- There have been claims of fighters shooting down helicopter gunships in the past, though the government has never confirmed it.

A woman clad in a burka walks past graffiti in Kabul, Afghanistan, on Sunday. Insurgents in the country have beheaded 17 people, allegedly for attending a party where there was music and dancing. AHMAD NAZAR/THE ASSOCIATED PRESS

Nigeria. Kidnapped oil workers found, navy says

Nigeria's navy says it has found 28 kidnapped Nigerian oil workers who had been working for a Chinese petroleum company in the West African nation's oil-rich southern delta.

Commodore Kabir Aliyu said Monday that authorities found the Sinopec Corp. workers in an abandoned waterside camp in Cross River state. He said gunmen kidnapped the oil workers Thursday, took them to a camp and fled before authorities arrived there Friday.

Militants and opportunistic criminals have previously kidnapped local and foreign workers in the area. THE ASSOCIATED PRESS

Inequalities

Foreign oil companies have pumped oil out of the delta for more than 50 years.

- Despite the billions of dollars flowing to Nigeria's government, many in this region remain desperately poor.

Insurgents behead 17 Afghan civilians for attending dance

Militants. The Taliban still holds a lot of power in southern parts of the country

Insurgents beheaded 17 civilians in a Taliban-controlled area of southern Afghanistan, apparently because they attended a dance party that flouted the extreme brand of Islam embraced by the militants, officials said Monday.

The killings, in a district where U.S. Marines have battled the Taliban for years, were a reminder of how much power the insurgent group still wields in the south — particularly as international forces draw down and hand areas over to Afghan forces.

The victims were part of a large group that had gathered late Sunday in Helmand province's Musa Qala district for a celebration involving music and dancing, said district government chief Neyamatullah Khan. He said the Taliban slaughtered them to show their disapproval of the event.

All of the bodies were decapitated but it was not clear if they had been shot first, said provincial government spokesman Daoud Ahmadi.

Information was only trickling out slowly because the area where the killings occurred is largely Taliban-controlled, Khan said. The Taliban spokesman for southern Afghanistan could not be reached for comment.

Many Afghans and international observers have expressed worries that the Taliban's brutal interpretation of Islamic justice will return as international forces withdraw.

Under the Taliban, who ruled the country from 1996 to 2001, all music and film was banned as un-Islamic, and women were barred from leaving their homes without a male family member as an escort.

Helmand is one of the areas seeing the largest reduction in U.S. troops, as the force increase ordered up by U.S. President Barack Obama departs. The U.S. started drawing down forces from a peak of nearly 103,000 last year, and plans to have decreased to 68,000 troops in country by October. THE ASSOCIATED PRESS

Iran

Reps may be allowed to inspect nuclear sites, website reports

Iran may allow representatives from nonaligned nations to visit a military site that the United Nations nuclear watchdog suspects has housed nuclear experiments, a website quoted Tehran's deputy foreign minister as saying on Monday.

"Iran is ready for such a visit," Mohammad Mahdi Akhoundzadeh told state-owned yjc.ir news when asked about a possible trip by delegates to the Parchin military complex. THE ASSOCIATED PRESS

Iraq

Minister resigns over meddling

Iraq's communication minister has resigned to protest interference by the premier in the work of his ministry, another sign of disarray in the country's leadership.

The minister, Mohammed Allawi, said he sent a letter to Prime Minister Nouri al-Maliki last month, demanding that he stop meddling in his ministry, reinstate some officials he ordered transferred or accept his resignation.

Al-Maliki's reply was to accept his resignation instead of meeting the demands, Allawi told The Associated Press Monday. THE ASSOCIATED PRESS

Only one known survivor after migrant boat upends

Three bodies washed ashore in Libya Monday after a boat carrying illegal Egyptian migrants trying to reach Europe capsized in the Mediterranean Sea, and officials say 36 people are missing.

The boat's only known survivor, Mohamed Gomaa Abdel-Kader, 23, told authorities that 40 people were on the boat when it sank. They were travelling overnight Sunday from an Egyptian port near Libya. They were part of a three-boat convoy full of migrants heading to Europe illegally, he said, according to a statement from Egypt's Foreign Ministry.

The boat he was on was supposed to carry no more than 15 people. It started sinking from the weight of the passengers, and people began jumping into the sea in the middle of the night, he said.

Thousands of young North African men make the dangerous and illegal sea journey to Europe to flee poverty, high unemployment and low wages at home.

Some leave from Egypt's Mediterranean coast, but most travel overland to neighbouring Libya to take the shorter trip from there.

Dozens of people have died in similar accidents in recent years. In March 2010, around 18 Egyptians drowned at sea trying to flee illegally to Europe. THE ASSOCIATED PRESS

Housing affordability still eroding

Higher home prices. Possible interest-rate increases next year could strain ownership and ultimately cool the hot Toronto market

The heat of Toronto's red-hot market may be "dissipating," but housing affordability has declined across Ontario for the second consecutive quarter with higher costs yet to come from rising interest rates, says a study from RBC Economics.

The cost of carrying the mortgage, utilities and taxes on a benchmark two-storey detached home in the Toronto area climbed 1.1 percentage points to eat up 63.9 per cent of median household income in the second quarter of this year.

The cost of owning a bungalow was up almost one percentage point to 54.5 per cent, says the report. Condos remained relatively affordable, climbing just 0.3 percentage points with carrying costs equalling about 35 per cent of median income.

In the case of single-family homes, the average carrying costs are well above the historic rule of thumb that housing costs should eat up no more than about 32 per cent of household income.

The GTA remains better off than Vancouver, where a carrying a detached bungalow now eats up 91 per cent of median household income.

TORSTAR NEWS SERVICE

By contrast

- At the peak of the housing market in the 1990s, it took about 80 per cent of household income to pay the mortgage, utility costs and taxes on a single detached home in the GTA, says RBC economist Robert Hogue.

Iraqis flock to faux fast-food franchises

A customer stands outside Burger Friends restaurant in Baghdad. A wave of new American-style fast-food restaurants is spreading across the Iraqi capital, enticing customers hungry for alternatives to traditional offerings. Iraqi entrepreneurs and investors from nearby countries, not big multinational chains, are driving the food craze. They see Iraq as an untapped market of increasingly adventurous eaters where competition is low and the potential returns are high. The traditional Arabic restaurants long popular here now find themselves competing against curiously named rivals such as Florida Fried Chicken, Mr. Potato, Pizza Boat and Burger Friends. There is even a blatant KFC knockoff called KFG, which owner Zaid Sadiq insists stands for Kentucky Family Group. KARIM KADIM/THE ASSOCIATED PRESS

Patent case

Apple seeks ban on 8 Samsung phones

Apple on Monday gave a federal judge a list of eight Samsung products it wants pulled from shelves and banned from the U.S. market.

U.S. District Judge Lucy Koh asked for the list after a jury in San Jose last week slammed Samsung with a $1.05-billion US verdict, finding that the South Korean technology giant had "wilfully" copied Apple's iPhone and iPad in creating and marketing the products. Samsung plans an appeal. THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.93¢ US (+0.08¢)

TSX 12,048.82 (-33.41)

OIL $95.47 US (-99¢)

GOLD $1,675.60 US (+$2.70)

Natural gas: $2.65 US (-5¢)
Dow Jones: 13,124.67 (-33.3)

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PARK LIFE: FINDING JOY IN THE CITY'S COMMUNAL BACKYARD

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

Sometimes I'm jealous of my suburban pals. I don't have a backyard, a barbecue, a deck or a pool; but I do have a park. In the city's concrete jungle, parks are an oasis of green where visitors and residents congregate en masse to enjoy the dog days of Canada's fleeting summer.

Every weekend, downtown dwellers descend from their high-rise abodes to enjoy the street-level wonders of urban parklands. They sprawl out on picnic blankets and people-watch as other park-life fans throw Frisbees, walk their dogs and engage in raucous rounds of croquet and bocce ball. After the sun goes down, people bring their own lanterns and sparklers, hosting al fresco birthday parties under the moonlight.

Land of the park-goers

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.

This summer, my neighbourhood has been playing host to a series of impromptu outdoor-movie nights. These screenings aren't so much an official community event as they are a couple of guys with a projector and enough Facebook friends to get the word out.

Tea-light candles demarcate the seating area and the previews are YouTube music videos that inspire dancing in the crowd. Bicycles litter the makeshift aisles and the organizers sell $3 cans of Pabst Blue Ribbon and PWYC popcorn. Is it legal? Definitely not, but it's amazing.

After the movie finishes, everyone gathers their garbage and quietly makes their way home. For the most part, no one is loud and obnoxious; we respect our neighbours and the sanctity of our little patch of green in the heart of the city.

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.

Parks are exempt from the rules and commercial interests that govern the rest of the city; they are places to bring home-made meals and make DIY fun. There is no waiting for a table at the park and the price of admission is nil.

My park is where I liberate myself from the monotony of the treadmill and run along winding pathways and hidden trails. It is where I go to be alone with a book or reconnect with friends over a game of Scrabble, accompanied by a concealed bottle of wine. It is the bonus piece of beautiful green space that was never advertised with my 800-square-foot apartment.

As cityscapes become increasingly dominated by paved sidewalks and towering structures of concrete and glass, our parks, no matter how small, feel like an expanse of natural realness. They should be enjoyed and celebrated but, most importantly, preserved.

Follow Jessica Napier on Twitter @MetroSheSays

A sunbather does a cartwheel in Manhattan's Westside Park in New York City earlier this summer. JOHN MOORE/GETTY IMAGES

Look before you leap

NATE CHAPPELL/REX FEATURES

Frog legs

Flipped like a pancake

This picture of a wild supper was captured in Missouri City, Texas, by photography tour operator Nate Chappell.

The yellow-crowned night heron preys on frogs but has to flip them several times in order to swallow them.

This two-legged bird needed several attempts to consume its meal.

METRO

Nate Chappell CONTRIBUTED

Q & A with the photog

- **How did you get the shot?** The heron was preoccupied with eating the frog so it let me approach fairly close. I got down low in the grass to get a more intimate view and better background. I crawled on my hands and knees to get closer to the bird, knowing that the bird was less likely to fly off if I was crawling. The bipedal form of humans is how most animals recognize humans and consider us a threat.

Longtime nesters

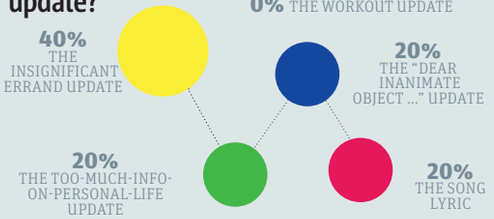
20

The number of years a yellow-crowned night heron family will inhabit a single nest. This is remarkable loyalty as the bird only lives for around six years, but its family will stay far beyond that. However, in many of the U.S. breeding grounds, the nests are under threat from hunters.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's the most annoying Facebook status update?


0% THE WORKOUT UPDATE
40% THE INSIGNIFICANT ERRAND UPDATE
20% THE "DEAR INANIMATE OBJECT ..." UPDATE
20% THE TOO-MUCH-INFO-ON-PERSONAL-LIFE UPDATE
20% THE SONG LYRIC

Twitter

@CiierraJade:
So excited to see @taylorswift13 accept an award at the #CCMAs!! #yxe #daymade

@StaciaSook:
If you live in #yxe #saskatoon, do you donate to the food bank? I do. Twice a month. Get on it!

@bogeyorangutan:
What is the max sentence for marrying a man three times your age? Wait, she did WHAT? #yxe

@MissFawne:
Omg CCMAS are officially a must! #tswift #yxe

@LisaJalapeno:
These flight attendants are way to chipper for 6am.. On the plus side, enroute to #YXE until next time #YWL!

@jL_tomlinson:
What! T Swift is the newest #CCMA attendee.. going to be a good couple of days here in the Toon #yxe #country

metro

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SCENE 2

DVD reviews

Battleship

Director. Peter Berg

Stars. Alexander Skarsgård, Brooklyn Decker, Liam Neeson

The reliable Liam Neeson elevates every film he puts his name to, including pay cheque gigs like Clash of the Titans. But even he couldn't keep Battleship from tanking. Based in name only on the old Hasbro board game, the Peter Berg-directed film awkwardly yokes a romantic redemption tale with a sci-fi potboiler about space aliens invading Earth. Neeson gives good stare in Battleship, as the admiral in charge of the U.S. Navy Pacific Fleet. That's about all he gives, but you can't blame him. The characters are little more than game pieces in this exercise in CGI overkill. Taylor Kitsch is the putative star, playing screw-up Alex Hopper, who fails at the high ideals set by his Navy-straight older brother Stone (Alexander Skarsgård). Battleship gives little reason to care about these characters. The state of your hearing after all the boom-boom would be of greater concern.

PETER HOWELL

Headhunters

Director. Morten Tyldum

Stars. Aksel Hennie, Synnove Macody Lund, Nikolaj Coster-Waldau

Headhunters begins as a caper flick — we even get an opening how-to in the art of art theft — before transforming into a chase thriller, with both sections of director Morten Tyldum's film equally engrossing. Aksel Hennie is Roger Brown, a corporate talent scout who takes his occupation so seriously, he may as well be collecting scalps. Despite his impeccably tailored suits and outwardly genteel manners, Roger has a furtive look, resembling a Scandinavian Steve Buscemi. Roger is really a boor and conman. The craftiest trick of this well-written Norwegian film, though, is the way it shifts our sympathies from despising Roger at the outset to somewhere close to cheering for him at the end.

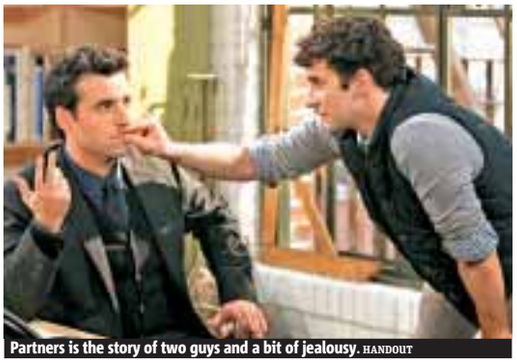
PETER HOWELL

On the web

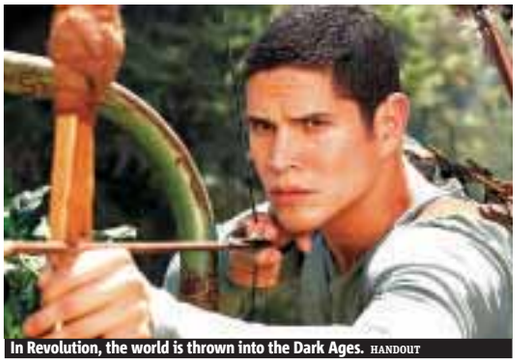
After a century of movie copyrights, piracy and preservation still present challenges.

Could Chicago Fire be pigeonholed as a public safety show?

Matthew Perry is a bereaved radio host in Go On. PHOTOS: THE ASSOCIATED PRESS



Partners is the story of two guys and a bit of jealousy. HANDOUT



In Revolution, the world is thrown into the Dark Ages. HANDOUT

TV's fresh fall crop a rather safe fare

Predictable choices. With the exception of Animal Practice, new programs seem to be sticking to tried-and-true formulas

Here's a fearless prediction for the new fall season: Animal Practice will be either a hit or a big-time miss; either a comedy game-changer for NBC or a punch line for its ratings desperation.

This sitcom about a veterinarian and his monkey sidekick is already commanding the attention of viewers. NBC has heavily hyped it, most notably by interrupting the Olympics closing ceremony to air a preview of the show and enraging viewers waiting for the Who.

But who cares if they're angry? For any new show, just getting noticed is half the battle. Between now and December, Animal Practice (airing on Global in Canada) is among nearly two dozen series getting launched by the five broadcast networks, which for weeks have been feverishly hyping the new crop with everything from bus ads to Twitter feeds, plus multi-platform previews of some shows, like Animal Practice, thrown in.

All of this is done with the certain knowledge that at least two-thirds of the new fare, no matter how relentlessly promoted, will have fallen by the wayside by this time next year.

Remember these duds from last fall: Charlie's Angels? Free Agents? How to be a Gentleman? Does a similar fate await Animal Practice, which stars Justin Kirk as a misanthropic veterinarian and Crystal, a scene-stealing capuchin monkey, as his oddly human second banana?

Or what about Go On, an NBC comedy (airing on Global in Canada) that casts Matthew Perry as a sports-talk radio host forced to attend grief counselling after the death of his wife? Can sadness trigger hilarity?

Or what about Chicago Fire (airing on Global in Canada) an action drama about firefighters from Law & Order maestro Dick Wolf? Chicago Fire could be pigeonholed as a show about public safety, but bona fide cop dramas — one of TV's most enduring genres — are represented by three fanciful variations.

On Vegas, CBS' robust new drama (airing on Global in Canada) set in the early 1960s, Dennis Quaid plays a rancher-turned-sheriff of the budding gambling mecca, with Michael Chiklis a mobster casino boss.

NBC's Elementary (airing on Global in Canada) stars Jonny Lee Miller as a modern-day detective with the name and quirkiness of legendary Sherlock Holmes, and Lucy Liu as Dr. Joan Watson. They assist the New York Police Department with solving crimes.

And the CW's Beauty and the Beast (airing on Showcase in Canada) features a lovely young homicide detective (Kristin Kreuk) who reconnects with a handsome young doctor who saved her life when a teenager. She also discovers his terrible secret: Thanks to a military experiment gone awry, when he is enraged, he becomes a terrifying beast with uncontrollable strength.

Meanwhile, there's just one new lawyer show on tap: CBS' Made in Jersey (airing on Global in Canada), which stars British actress Janet Montgomery as a young working-class Jerseyite from a long line of self-taught beauticians, a gal who bought her attache case not on Madison Avenue but down the shore. She lands a job across the river at a prestigious Manhattan law firm where her style raises eyebrows but wins cases.

Autumn will bring three new doctor dramas, each of which — like Made in Jersey — is headlined by a woman.

Jordana Spiro stars in Fox's The Mob Doctor (airing on CTV in Canada) as a Chicago surgeon whose obligations to the mafia require her to give medical treatment to a gang of hoods.

On the CW's Emily Owens M.D. (airing on CTV in Canada), Mamie Gummer plays a young med-school grad who's beginning a hospital internship full of hope. And on the Fox comedy The Mindy Project, creator-star Mindy Kaling plays a thriving OBGYN whose personal life is a succession of pratfalls.

NBC's edgy The New Normal (airing on CTV in Canada) finds gay couple Andrew Rannells and Justin Bartha concluding there's only one thing missing from their happy home: a child. They line up a surrogate mom (Georgia King) to carry it for them.

Also trading on the gay theme is Partners (airing on Citytv in Canada), with David Krumholtz as Joe and Michael Urie as Louis, partnered architects and best friends since high school. Louis is gay and Joe is straight, which isn't a problem until Joe decides to marry his girlfriend and Louis feels the sharp pangs of jealousy.

Besides the hybrid Beauty and the Beast, the networks have scheduled five other series with a supernatural, sci-fi or fantasy twist.

At the start of NBC's epic new drama Revolution (airing on Citytv in Canada) the lights abruptly go out, around the world. This unexplained power outage deprives everyone of every piece of electrical technology, stranding humanity in a modern-day Dark Age with no end in sight.

Let's hope this fate doesn't really befall humanity as we look forward to 2012's fall TV season.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie and Brad Pitt

Pitt children let loose in French toy store

Brad Pitt and Angelina Jolie squeezed in a little late-summer vacation time, taking four of their six kids to the coastal town of Le Touquet, France, over the weekend, according to People magazine.

Pitt and Jolie treated daughters Zahara, Shiloh and Vivienne along with son Knox to pizza before letting them loose on a local toy store Jolie had visited before.

"I wasn't notified of their visit. I didn't expect it. I didn't even recognize them. I said 'Bonjour' like I do to all my clients and then I saw Brad Pitt," an employee of Culture Kid tells the magazine. "Since Angelina was here with her son last year, the shop has moved, but they found us."

Kellan Lutz

Twilight actor misses the pre-fame days

Despite the mega-success of the Twilight film franchise, Kellan Lutz kind of misses the good old days.

"My favourite moments were during the first movie, before any of this craze happened. We were just ourselves, no one really knew who we were yet," Lutz tells Us Weekly. "We haven't changed per se, but we were able to get away with a lot more." And while some members of the cast have dealt with the spotlight better than others, Lutz insists the series' popularity caught them all off guard.

"I don't really like to comment on everyone else's process, but I think we've all done the best we could with this," he says. "It can be surreal sometimes. I don't know if we all knew what we were fully getting into on all fronts."

The Word

Tom Cruise kept the diamonds coming

THE WORD
Monica Weymouth
scene@metronews.ca

Say what you will about Tom Cruise — we certainly do — but the guy isn't cheap.

During their five-year marriage, Tom Cruise showered Katie Holmes with the type of gifts found only under the Scientology Christmas tree.

"Tom was extremely generous to Katie with lavish gifts during their marriage, and she will be keeping millions of dollars of jewelry, Hermes handbags and other luxurious items," a source tells RadarOnline.

"Tom gave Katie diamond earrings as a birthday gift one year that easily cost over $500,000, and he had custom design pieces made for her."

Under the terms of their divorce, Holmes gets to keep the swag and is free to sell it if her earlobes get tired — meaning, we can only hope, that she won't need that Dawson's Creek reunion paycheck.

Blake Lively and Ryan Reynolds

Happy couple, Reynolds, Lively going strong

After almost a year together, Ryan Reynolds and Blake Lively are still going strong, according to People magazine. The happy couple was spotted in New York City last week celebrating Lively's 25th birthday with an indulgent treat at Serendipity 3. "They were very attentive to each other, sitting close and very into each other," an eyewitness says. "They were oblivious to what was going on around them,"

John Mayer

John Mayer makes some life changes

Looks like John Mayer really was in the mood for some major change.

After reportedly breaking up with Katy Perry following a few weeks of dating, the singer unveiled a new, shorter haircut, ditching the curly locks he'd been sporting for a while, according to Us Weekly.

And while Mayer seems to be moving on, Perry is reportedly not taking the split very well. "She's really upset about it," a source says. "She is making it seem like it wasn't serious with John, but she is hurt."

Twitter

@SethMacFarlane
A big part of my life is trying to apply Purell without being noticed by the person who just shook my hand.

@BetteMidler
Gentle readers, by now you have gathered that I have been interested in wacky weather ever since I saw smog for the first time 40 yrs ago..

@rustyrockets
I deny all hurtful rumours that I have invented bejeweled hover-shoes. Lawyers tell me they are fashionable.

@SandraBernhard
camping is fine as long as someone else does all the work

Visual aids can be used to help remind people that they have reached their limits on snacking. HANDOUT

Obey the stop sign for snacking

Health options. New study shows that visual cues can effectively cut down on consumption of snack and junk foods in your home

BEN KNIGHT
life@metronews.ca

Snacks are seductive. So delicious. So satisfying.

Not always healthy, though — and overindulgence is a constant danger.

But new research from Cornell University in Ithaca, N.Y., suggests that visual cues can effectively cut consumption, without really damaging enjoyment.

Cornell's food and brand lab dyed every seventh chip in a stack of potato chips red, then gave them to unsuspecting test subjects.

"We simply had marker chips in there," says lab director Brian Wansink, author of Mindless Eating: Why We Eat More Than We Think.

"We didn't say anything. There was no mention of why it was red, or anything. Simply having a marker chip in there led people to eat either seven or 14 chips. They got to the point where they'd see this stop sign. They might eat one or two more chips, but they wouldn't eat 50 more."

By the numbers

$2.1B

$2.13 billion is the value of snack food products shipped by Canadian producers in 2009.

A happy accident, or real science?

"We did the study three times, because the first time, it seemed too good to be true," he says. "Every time we did it, we saw this huge, huge effect."

But does it work when people know what the red chip means? Can this work with other snack foods, which don't so easily stack?

"Yes, yes, yes!" Wansink enthuses. "You can break your snacks up into little baggies. It may not be good for the environment, but it gives you a visual stop sign. Or you can use a twist seal to reseal a candy bar after you've eaten part of it."

He also suggests eating ice cream out of a little bowl.

"You can go back for seconds. You can go back for thirds! The empty bowl is kind of a red chip, saying 'Hey, do you want more?' You can have more, but you have to make that decision."

Wansink insists that eating less doesn't mean there's a matching drop in snack satisfaction.

"What we find is that it doesn't seem to be the amount. It's just whether you get the snack or not. We find that people get tremendous satisfaction out of just half the amount they would otherwise eat.

"Visual stop signs cause you to think twice."

Best Health

Breathe easy this fall

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In much of Canada, the peak for fall allergies is the third week of September, thanks to weed pollens (mostly ragweed) and mould spores. In the September issue of Best Health magazine, health writer Michelle Villett rounds up treatments for allergy-related sniffles and sneezes. Speak to your doctor to be sure you're choosing the right remedy. Meantime, here are some highlights from our longer article. (Remember to always follow package directions closely.)

Oral antihistamines (Allegra-D, Benadryl Allergy Liqui-Gels)
They block chemical receptors in our bodies that react to histamines; they don't cure allergies but they do control symptoms such as a runny nose and itching.

Tip
Diphenhydramine, an ingredient found in products including Benadryl, can cause drowsiness. Newer ingredients, one of which is fexofenadine (found in Allegra D), have fewer side-effects.

Nasal decongestants (Claritin Nasal Pump, Dristan Nasal Spray)
When allergens enter the nasal cavities, they cause blood vessels to expand; these decongestants help shrink them. But don't take these for longer than three to five days, because it's possible to become dependent.

Eye drops (Visine Allergy Advance Eye Drops with Antihistamines, Albalon Eye Drops Liquifilm Decongestant).
They combine antihistamine and decongestant, and work the same way as the oral remedies, except they are for the eyes.

Tip
Because our eyes flush drops out, they are best used for temporary symptom relief before your oral remedy starts to work.

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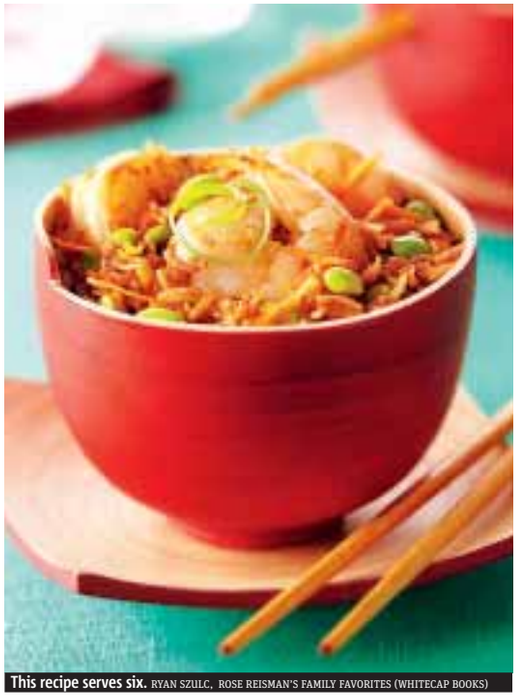
Clear out your head and give yourself piece of mind. ISTOCK PHOTOS

On the Web

US Open defending champ Samantha Stosur on fitness, Japanese food, kick serves

Finally, a healthy version of Shrimp Fried Rice



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Fried rice in Asian restaurants is often made with lard or excess oil, adding enormous amounts of calories and fat.

I use a stock-based sauce that only uses a tablespoon of sesame oil. Also, instead of traditional green peas, I use edamame. That brings the calories per serving to 309 and the total fat to 5.4 grams.

1. Sauce: Whisk chicken stock, soy sauce, sesame oil and chili sauce in a small bowl. Set aside.

2. Add rice to stock and bring to a boil. Reduce heat to low, cover and simmer 10 minutes. Remove from heat and let sit for 10 minutes, covered.

3. Lightly coat large skillet or wok with cooking spray, add oil and set over medium-high heat. Add onion and sauté 5 minutes or until softened. Add garlic and ginger and sauté 1 more minute. Add shrimp and edamame and sauté 3 minutes or until the shrimp just turns pink. Stir in the carrots and green onions.

4. Add cooked rice to shrimp mix. Add sauce and stir-fry 2 minutes, or until everything is warmed through and rice is coated with sauce. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Sauce
- 1/3 cup chicken stock
- 3 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 tsp hot chili sauce

Rice
- 1 1/2 cups white rice
- 1 1/2 cups chicken stock
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp each finely chopped garlic and ginger
- 4 oz raw shrimp, peeled, deveined and diced
- 1 cup frozen shelled edamame
- 1/2 cup each grated carrots and chopped green onions

Health Solutions

Cereal killer

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Say "fibre" and everyone thinks "bran," but there is a world beyond wheat that may be even better for you.

One of the key nutrients required for, ahem, regularity is magnesium and magnesium can be bound by wheat bran rendering it inabsorbable.

So over the long haul, you want to vary the source of bulking substance like wheat bran (insoluble fibre) and add cholesterol lowering, blood sugar regulating soluble fibre from other sources. (And I will try to keep this clean...promise.)

Insoluble Fibre Sources

1. Kidney and Lima Beans, Lentils and Dried Peas
Kidney and lima beans as well as lentils and dried peas are fabulous sources of soluble fibre. Find a way to work them into your soup, rice or entrée daily.

2. Psyllium Husk
Psyllium husk is found in some breakfast cereals but also as a powdered supplement that can be added to just about anything.

3. Barley
Barley is a fabulous alternative to rice. Cooked in stock and stirred with grated Parmesan cheese, it is almost risotto-like. Tossed into salads and soups it adds texture and flavour.

What insoluble fibre does is pull water into the bowel to form an easy to pass gel. This prolongs stomach emptying time to slow down digestion of sugars and helps capture and remove bad fats. Easy, peasy...get it?

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Thai Barley Salad.
Seasonings spice up this easy summer side dish

1. In saucepan, bring 625 ml (2 1/2 cups) lightly salted water to boil. Meanwhile, rinse barley; add to boiling water. Cover and simmer until tender but still slightly chewy, about 25 minutes. Drain and rinse under cold water. Drain well, then place in bowl.

2. In bowl, whisk lime juice, vinegar, chili garlic sauce, fish sauce, sugar and salt until sugar is dissolved. Whisk in oil.

3. Cut peaches and red pepper into 2-cm (3/4-inch) pieces. Add to barley along with green onions, spinach, bean sprouts and mint. Drizzle with dressing. Toss to combine. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 175 ml (3/4 cup) pearl barley
- 30 ml (2 tbsp) each lime juice and unseasoned rice vinegar
- 15 ml (1 tbsp) hot Asian chili garlic sauce
- 7 ml (1 1/2 tsp) each fish sauce and granulated sugar
- 2 ml (1/2 tsp) salt
- 30 ml (2 tbsp) vegetable oil
- 2 locally grown peaches
- 1 sweet red pepper
- 2 green onions, thinly sliced
- 500 ml (2 cups) baby spinach
- 250 ml (1 cup) bean sprouts
- 50 ml (1/4 cup) chopped fresh mint

Flavour gets all rolled up: Pork and Cashew Rice Paper Rolls

For something a bit different, try these Pork and Cashew Rolls, which use rice paper. Rice paper is used for making fresh summer rolls (salad rolls) or fried spring rolls in Vietnamese cuisine. It offers a great contrast texture to the ingredients that are rolled up in it.

1. Slice pork tenderloin in half lengthwise, cut halves into thin strips. Heat oil in large skillet over medium-high heat; cook pork until browned, about 10 minutes.

2. Add 1/2 cup (125 ml) of the garlic rib sauce. Cook for another 5 minutes until sauce glazes the meat, set aside.

3. Place one sheet of rice paper in large bowl of warm water to soften, about 1 minute. Carefully remove paper and lay on work surface. In the bottom third of paper, place small piece of lettuce, top with small pile of noodles (about 2 tbsp/30 ml). Top noodles with fillings, being careful not to overstuff or the paper will tear.

4. Fold the bottom of paper over top of fillings and begin to roll into a cylinder. Fold sides in and continue rolling to enclose. Once all the rolls are finished slice in half; serve with remaining 1/2 cup (125 ml) of the garlic rib sauce for dipping.

NEWS CANADA/VHSAUCES.COM

Ingredients

- 500 g (1 lb) pork tenderloin
- 15 ml (1 tbsp) vegetable oil
- 250 ml (1 cup) VH Medium Garlic Rib Sauce
- 10 rice papers (or as many as needed)
- 10 lettuce leaves, a tender variety such as red or green leaf, Bibb or Boston
- 125 g (4 1/2 oz) thin rice vermicelli noodles (half a package), soaked and drained

Filling
- 50 ml (1/2 cup) each fresh mint, green onions, cashews or peanuts, finely chopped
- 250 ml (1 cup) julienned cucumber (and/or julienned red pepper strips, carrots or mangoes)

This recipe serves four. NEWS CANADA

Ready, set, head for the border!

Alison's Money Rule. Keep travel and accommodation costs low to save big on cross-border shopping

YOUR MONEY
Alison Griffiths
money@metronews.ca

There are plenty of good reasons to cross the border for shopping. ISTOCK IMAGES

Desperately seeking last minute back to school deals? Go south. Call me unpatriotic and a Canadian business killer, but financially stressed families can't be faulted for wanting to save money by taking advantage of cheaper prices.

New customs rules and a strong loonie provide good reasons to head into the US for all those must have school clothes, electronics and other goodies.

But if you go be prepared for long waits during peak times this weekend as the 50 million visits annually by Canadians to the U.S. is the highest in two decades.

Higher limits on what we can bring back to Canada went into effect in June, which will only boost that visitor number.

For stays of 24 hours the import limit is $200, up from $50, and a flat $800 if you stay more than 48 hours, up from $400 for two day visits and $750 for a week or more.

According to the most recent BMO Capital Markets cross border shopping report, some of the best deals south of 49 are the kinds of things kids need\ want for school. For example, running shoes are 37 per cent cheaper in the States, those adorable Pottery Barn Kids backpacks cost 26 per cent less and you'll save 19 per cent on kids' Gap T-shirts.

A basket of U.S. goods including diapers, BBQs, iPods, golf balls and small appliances produces a savings of 14 per cent. However, don't just focus on prices. Factor in the cost of gas, meals, hotel as well as duty and GST and HST if you go over limit — which is very easy to do. Don't forget to take the exchange rate into account. Though the posted rate may show the loonie at par or better, when you buy greenbacks it will cost you three to four cents more.

And if you use your credit or debit card there will be an exchange rate differential plus (usually) a 2.5 percent transaction fee.

Affordable travel

When loyalty doesn't pay off

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I had my frugal butt kicked last week as I planned an affordable last minute trip to Europe. In light of the Eurozone debt crises, some of the most inexpensive international holidays at the moment are European vacations.

I had the right idea on how to save money – wait until after the Olympics, be semi-flexible on the location, try to snag a last minute travel special and use loyalty points for flights, rail and hotels.

But, when it came time to redeem my travel rewards, I couldn't use a single point towards any part of the trip.

My first error was waiting too long to book; my second error was trying to book a seat sale on flights through my VISA points — which I have done on previous occasions.

But because I didn't leave enough time in advance, according to VISA's policy, the cheap flights were not available nor eligible for point redemption.

A July 2012 American Express survey revealed that approximately 19 per cent of North Americans use loyalty points for travel throughout the summer months; hence the limited availability.

The next eye-opener for me was learning the true cost of trying to use loyalty rewards semi-last-minute; the amount of points it takes to purchase a ticket can be triple the normal amount. No thanks! That's a bad deal!

That's when I decided to book my seat sale without using points and instead I paid with cash.

Thankfully, with a strong Canadian dollar, off-season pricing and switching to a local airline from London, the price tag was 50 per cent less than if I were to have planned travelling mid-summer.

Post purchase, I learned through Google research that the greatest value travel point collectors receive is when they use their points for business or first class tickets.

Thus, I tried one last time to use my points for an upgrade to business class for the long-haul portion of the trip.

NO-GO.

Because I'd booked seats on sale my 'cheap seats' weren't eligible for upgrades … on any segment of the trip.

I still believe in collecting points because I love free things.

But, my unpleasant experience has taught me that to maximize the greatest value from a loyalty program, book well in advance.

I'd also recommend avoiding rewards programs you don't plan to redeem within a short time frame (five years or less).

This is because the longer you wait, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards.

More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie

'Intervention meets Sex and the City'

Reality TV. Reformed 'other woman' offers plenty of advice in The Mistress, which premieres Wednesday

MELISSA REBER
For Metro

If you're caught in a love triangle with a married man, Sarah Symonds has some advice for you: "Get out! Don't walk, run! He will never leave his wife for you."

Sarah would know; she calls herself the reformed "other woman" after a string of affairs (including ones with chef Gordon Ramsay and Jeffrey Archer) left her heartbroken and alone.

She wrote the book Having an Affair? A Handbook For The Other Woman, which stirred up major media interest on the controversial subject. Now she has teamed up with Great Pacific Media to produce a reality show called The Mistress, where she will work with women stuck in these dysfunctional relationships to help set them on the right path. The show premieres Wednesday at 8 p.m. ET on Slice.

What was it that attracted you to the lifestyle of 'the other woman'? What made you finally stop?

At the time I started I was in my late 20s, I was mixing in a high octane PR world. I didn't have the filter to say no. Most of the men I dated were unavailable or married, although sometimes I didn't know that at first. In 2006 I had my heart broken beyond words and that's what made me sit down and write my book. Then when the Gordon Ramsay scandal broke, I didn't want to be that girl in the tabloids and have my parents see that. I wanted to be done with it.

Have you ever been confronted by one of the wives (any fights)?

No physical fights, but I've called both the wives of the men I really loved. It was not out of malice, it was out of pain, but the reaction I got when I called the wives… they were so matter of fact, and there I was bawling my eyes out. They just said, 'OK, I'll have a talk with him when he gets home.'

It was unbelievable.

There are some altercations on the show, but it's not about that and it's not about exposing him (the man). It's a raw subject and I'm trying to get them out of this toxic relationship, and when that happens there are going to be confrontations.

What are the top three signs that your partner might be cheating/ has a mistress?

1. If he's suddenly mysterious about his cellphone, if he doesn't want you to see his missed calls or text or he goes into the washroom to use his cellphone — wake up! Who does that? He's probably hiding something.

2. If he says he needs alone time or is willing to run around doing any errands he normally wouldn't. Remember that the "other woman" is always asking to see him so to keep her happy he'll have to find excuses to get out of the house.

3. If he suddenly offers to do his own laundry — what man does that? He might be trying to make sure you don't see any stains on his shirt or a fancy restaurant receipt he left in his pocket.

You've got instincts, use them! If you think something is wrong, investigate it. Having said all that, don't be paranoid, but don't be stupid. Be real.

Advice for the wives?

Wives need to wake up! After you get married you have to still be the woman he married. This might be harsh, but if you're not sleeping with your husband someone else is. But I don't place the blame only on the wife or on the husband; there is blame on both sides. Men — go home and talk to your wife. If it's not working out then end it. It's called wedlock not deadlock!

What's the difference between mistresses around the world?

I hear from women everywhere. Just last week I got emails from women in Manila (Philippines), India, Australia… and it's all textbook details; same situation, different location.

Tell me a bit about the show. What should viewers expect?

Sarah Symonds

Quote

"If he suddenly offers to do his own laundry — what man does that? He might be trying to make sure you don't see any stains on his shirt or a fancy restaurant receipt he left in his pocket."

Sarah Symonds offers advice to women who think their partner may be cheating

It's a mix of Intervention meets Sex and the City. It has a redemption edge to it, but it's a wake-up call for mistresses. My work is over five days with them and I want to get them to realize they are worth more and to move on. Each story is so different… different ages, colours, circumstances.

This show is myth busting. You typically think of the busty blond being the mistress, but on the show what we see is so far from that stereotype. It'll blow your mind.

It took a Canadian company to believe in me, so bravo to Canada for taking a chance.

People are interested and searching for this info. And who knew there was so much infidelity here (laughs).

NFL

Jackson in, Young out as Bills' backup

The Buffalo Bills have a new backup in Tarvaris Jackson, and they've cut Vince Young in a sudden shuffle of quarterbacks on Monday.

Shortly after announcing they had released Young, the Bills followed up to confirm reports that they had acquired Jackson in a trade with the Seattle Seahawks in exchange for an undisclosed draft pick.

It was a surprising turn of events that came in the final week of the preseason, and after Young struggled in his bid to win the backup job in a 38-7 loss to Pittsburgh on Saturday.

"Vince, I don't want to get into what he can do and can't do, it just didn't work out," general manager Buddy Nix said. "We just need to move on and give this guy a try."

THE ASSOCIATED PRESS

Vince Young GETTY IMAGES FILE

NFL

Eagles say Vick is nearly ready to go

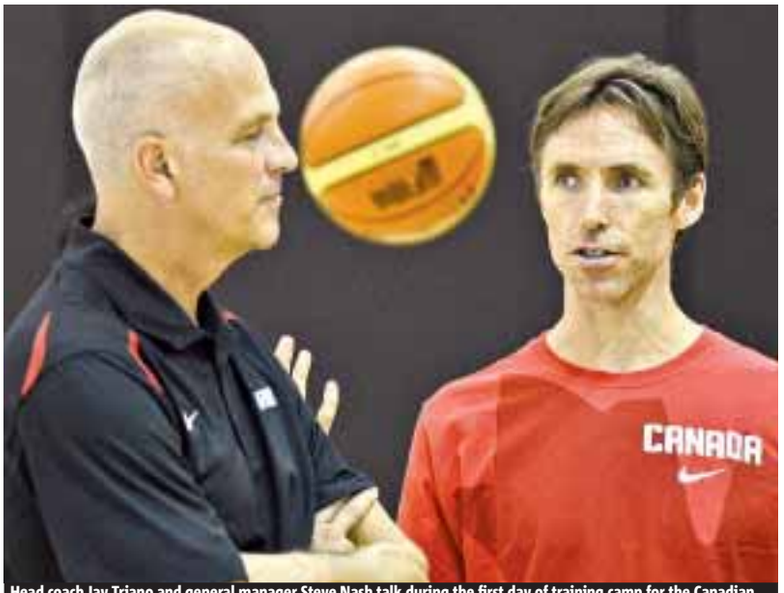
Michael Vick will take his next snap in the season opener for the Philadelphia Eagles.

Vick was back at practice Monday after leaving last Monday's game with injured ribs and offensive co-ordinator Marty Mornhinweg said the star quarterback is "real close to 100 per cent."

THE ASSOCIATED PRESS

Triano looking for big Canadian commitment

Basketball. Eyeing Olympic berth in Rio, national team coach expects four-year pact from his players



Head coach Jay Triano and general manager Steve Nash talk during the first day of training camp for the Canadian men's national basketball team in Toronto on Friday. TARA WALTON/TORSTAR NEWS SERVICE FILE

Jay Triano has witnessed firsthand how the United States men's basketball team changed from underachievers to back-to-back Olympic champions.

He believes the same approach will lead Canada to its first Olympic berth since 2000, and he expects his players to buy in for the long haul.

Just two weeks after the London Olympics closed, Triano and his coaching staff were putting a promising roster of players through shooting drills Monday at the end of a five-day training camp designed to prepare Canada for the 2016 Rio de Janeiro Games.

Triano, just days into his second stint as national team head coach, expects players at the camp to commit to the national team for four years, saying the long-term pledge is essential to getting Canada back on basketball's world stage.

Triano was an assistant coach on the U.S. national team when it went from an underachieving group that settled for an Olympic bronze medal in 2004 to a cohesive powerhouse.

"I think gone are the days when you can throw 12 players out there and expect to compete, and I think my time with the United States team showed that," Triano said. "Jerry Colangelo asked those players for a three-year commitment. When they did that and the players became committed, that's when they became successful and won back-to-back gold medals."

Canada hasn't always been able to field its best possible team in Olympic competition. Star guard Steve Nash, now the team's general manager, stopped playing for Canada after it failed to qualify for the 2004 Olympics and focused on his NBA career. Centre Jamaal Magloire, who has been working with the big men at the camp, opted not to play during the height of his career. Centre Samuel Dalembert was dismissed from the team after a rift with former coach Leo Rautins.

"If we're going to be successful guys are going to commit," Triano said. "The fact that they're here working as hard as they are right now speaks volumes to their commitment. We're going to have to decide as a staff which players we want to move forward and be part of our commitment to the program."

In order to build for Rio, Nash and Triano hope to involve young players early and get them used to spending their summers working with the national team. THE CANADIAN PRESS

Quoted

"I'm definitely committed. I have a lot to learn from these guys ... Being able to learn from them from now until it's time to play in the Olympics, I think I'll be ready by then."

Top prospect Tyler Ennis, who flew in from an elite high school basketball showcase in Los Angeles to take part on the last day of the camp

Bringing the best

It appears Canada may have turned a corner as far as getting its best players out.

- NBA regulars Joel Anthony and Tristan Thompson were among those taking part, along with up-and-comers Kris Joseph, Cory Joseph and Andrew Nicholson.
- Recent Los Angeles Lakers draft pick Robert Sacre was at the camp in Toronto along with former Gonzaga teammates Kevin Pangos and Kelly Olynyk.

Wozniak breezes into Round 2 of U.S. Open

Aleksandra Wozniak plays a backhand during Monday's match against Alexandra Cadantu in New York. GETTY IMAGES

A two-hour rain delay at the U.S. Open didn't throw Canada's Aleksandra Wozniak off her game.

Wozniak reached the second round of the Grand Slam with a 6-0, 6-3 win over Romania's Alexandra Cadantu on Monday.

The 48th-ranked Wozniak, a quarter-finalist last week in a Dallas tune-up event, needed little more than an hour to advance after losing four of her last five opening matches at Flushing Meadows.

The native of Blainville, Que., made it to the third round in 2009.

"Overall, it was the first solid match for me here," Wozniak said.

"She started putting more balls in during the second set. I'm glad I stayed on top of her and won this one. It was nice that it went so fast after the long rain delay."

Wozniak will next play good friend Lucie Safarova, who beat American Melanie Oudin 6-4, 6-0.

THE CANADIAN PRESS

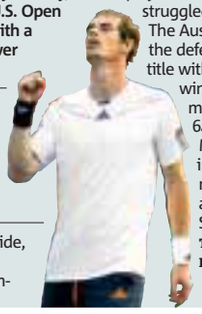
Quoted

"I'm looking forward to the second round. I'm really focused."

Aleksandra Wozniak

Also at Flushing Meadows

Seeking that elusive first Grand Slam title, Andy Murray, pictured, began his U.S. Open campaign Monday with a straight-set victory over Alex Bogomolov Jr.



- The Olympic gold medallist overcame early breaks in the first two sets of a 6-2, 6-4, 6-1 win.
- On the women's side, Samantha Stosur looked like a champion again, not the player who has often struggled this year.

The Australian began the defence of her Open title with a dominant win, needing 51 minutes to beat 64th-ranked Petra Martic 6-1, 6-1 in the tournament's first match at Arthur Ashe Stadium.

THE ASSOCIATED PRESS

4 SPORTS

Mobile sports

The party appears over for talented young Dallas receiver Dez Bryant after a tumultuous summer. According to numerous reports, the Cowboys have set guidelines for Bryant to attend weekly counselling sessions, have a full-time security team and not be allowed to consume alcohol or attend strip clubs. Scan the code for the story.

Big players in hockey labour talks set to meet

NHL. Collective bargaining negotiations resume today with only Bettman, Daly and Fehr brothers at the table

Donald Fehr, executive director of the NHLPA, speaks with the media last Thursday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS FILE

The battery of lawyers and sprawling negotiating committees are being relegated to the sidelines.

As the NHL's collective bargaining talks resume in New York on Tuesday, they'll do so with only four men at the table: NHL commissioner Gary Bettman and his deputy, Bill Daly, on one side; NHL Players' Association executive director Donald Fehr and his top assistant, Steve Fehr, on the other.

"Both sides agree that this, at this point in time, might be a productive way for us to try and get some traction," Bettman said when negotiations broke down last week.

While the parties have met face-to-face every week since the end of June, they've made very little headway on the framework that will shape the next agreement. That prompted the first small session with just Bettman, Daly and the Fehrs in Toronto last week, and led to the scheduling of another one with the talks shifting back to New York.

The sides are in need of anything that might encourage progress with a Sept. 15 deadline looming for a lockout.

The sides have looked like competing hockey teams at the conclusion of previous negotiating sessions, with the number of well-dressed attendees often unable to fit together in one elevator.

The gathering will be decidedly smaller on Tuesday as the leaders of the NHL and NHLPA try to push talks in a positive direction.

"Hopefully we'll be productive when we get to it," said Fehr.

THE CANADIAN PRESS

Divisive issue

The biggest issue holding up talks is finding agreement on how the league's revenues should be split up.

- Players received 57 per cent under the expiring CBA and the league wants to see that number reduced considerably.
- The NHL's initial offer involved cutting the amount to 43 per cent, although it has indicated a willingness to negotiate off that number.

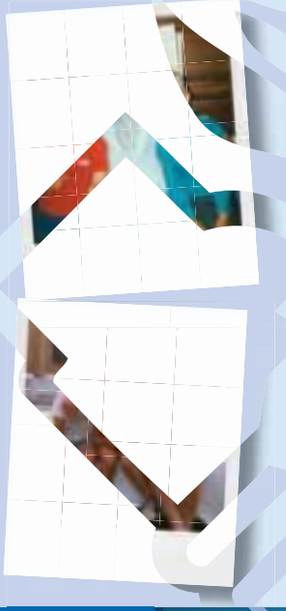
Joseph gives Esks jolt in T.O.

Edmonton Eskimos quarterback Kerry Joseph celebrates scoring a touchdown during their 26-17 win over the Argonauts in Toronto on Monday night. Joseph replaced injured starter Steven Jyles in the first half and had a one-yard TD run to end the first quarter for Edmonton before Hugh Charles essentially cemented the Eskimos' fifth straight win over the Argos with a 10-yard scamper 2:31 into the fourth.

CHRIS YOUNG/THE CANADIAN PRESS

Talk to your family

Organ and tissue donation saves lives.



As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

Adrienne, a grateful sister

THE KIDNEY FOUNDATION OF CANADA

The foundation of kidney care.

Read the rest of the story at www.kidney.ca/register

Register today. Find out how.

Soccer

North Korea puts end to Canada's under-20 hopes

Canada is out of the under-20 women's World Cup.

Hyon-Hi Yun scored in the 78th minute to give North Korea a 2-1 victory over Canada on Monday in the final round-robin game in Saitama, Japan.

Christine Exeter of Pickering, Ont., had staked Canada to an early lead in the 12th minute but Un Hwa Kim tied the game before half time.

Canada finished the tournament with a 1-2 record, good for third in Group C. It opened with a 6-0 over Argentina before losing 2-1 to Norway. THE CANADIAN PRESS

MLB

Rockies target September for Tulowitzki's return

The Colorado Rockies are hoping to have Troy Tulowitzki back in the lineup for the final month of the season.

The shortstop has been sidelined since late May with a groin ailment that eventually required surgery.

THE ASSOCIATED PRESS

NFL. Jets finding end zone elusive so far in pre-season

The New York Jets are still searching for the end zone.

Mark Sanchez can't get them there, and neither can Tim Tebow.

After three pre-season games, the Jets' offensive ineptitude has become a punch line — especially since they're the first team in 35 years to go this long without a touchdown. Sure, it's still only the pre-season and Rex Ryan's Jets insist they're not worried, but plenty more was expected by this point.

"Well, I've said it before," Sanchez said after the Jets' 17-12 loss to the Carolina Panthers on Sunday night. "We're saving our good stuff for the regular season."

Well, the Jets better hope so, considering it's been mostly bad.

New York has yet to unveil its wildcat package with Tebow in a game, which might make a difference and surprise everyone — but only if the conventional offence can finally get things going.

The Jets (0-3) insist things will be different on Sept. 9, when they open the regular season against Buffalo, but how?

"Hopefully, some more touchdowns," Sanchez said with a grin. THE ASSOCIATED PRESS

Quoted

"I still feel like we should have had it. I feel like we just came up one or two plays short."

QB Tim Tebow, who nearly got the Jets into the end zone on the last drive of Sunday's game against Carolina. But after moving New York from its own 15 to the Panthers' 27, Tebow threw four incomplete passes to end the Jets' chances.

Tim Tebow talks with Jets offensive co-ordinator Tony Sporano on Sunday.

JEFF ZELEVANSKY/GETTY IMAGES FILE

Horoscopes

♈ Aries
March 21 - April 20
Good intentions are not enough — you must live up to your ideals. Make it your aim today to treat everyone you meet, even strangers, in the same way as you treat those you love beyond question.

♉ Taurus
April 21 - May 21
There may be times when it seems as if you are losing control of everything in your life but it's not true, so steer clear of self-pity. Actually, things are progressing quite well for you at the moment.

♊ Gemini
May 22 - June 21
You may be tempted to try something outrageous today, something you believe will convince the doubters that you have what it takes. But what if it goes wrong? By all means, be bold but don't abandon common sense.

♋ Cancer
June 22 - July 23
With the travel area of your chart heavily emphasized, being on the move will be a lot of fun. But be aware that it will also have its dangers. Delays are going to happen whether you like it or not, so don't get angry.

♌ Leo
July 24 - Aug. 23
Just because someone occupies a position of authority does not mean you can trust what they say. With communications planet Mercury under negative influences, a lot of what you hear is probably nonsense.

♍ Virgo
Aug. 24 - Sept. 23
Knowledge is power and the more you know about what others are up to, the better placed you will be to get something out of it. Are we talking blackmail here? Of course not, perish the thought!

♎ Libra
Sept. 24 - Oct. 23
Take what even your friends tell you with a grain of salt. They may not lie to you on purpose but they are a bit confused about what's going on. You don't need advice. Your conscience will guide you.

♏ Scorpio
Oct. 24 - Nov. 22
Focus only on things you understand. If you drift into areas where your knowledge is limited, you may fall foul of people who like to prey on trusting types like you. Be cautious. You don't have to prove yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
Do not — repeat, not — sweep important topics under the rug. If you ignore them now, they will come back bigger and tougher to deal with later on. Don't worry about being unpopular. You've got issues to resolve.

♑ Capricorn
Dec. 22 - Jan. 20
You may be a bit blunt in some of the things you say over the next 24 hours but that's OK. For too long certain people have been avoiding the realities of the current situation. It's time to get real.

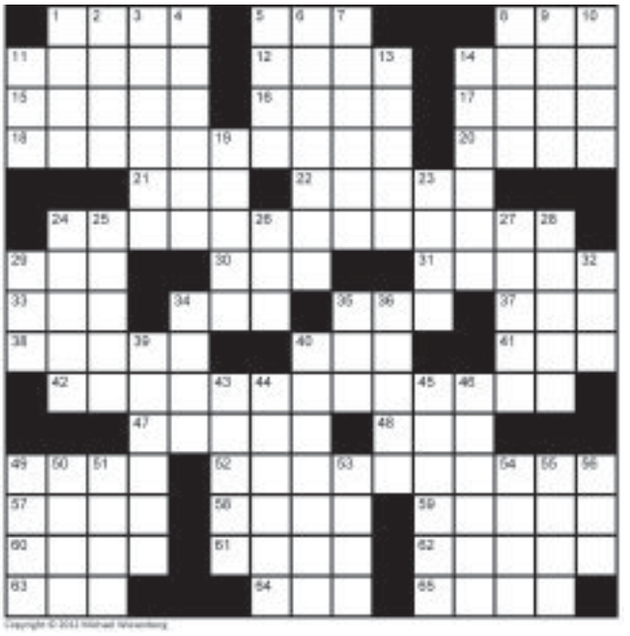
♒ Aquarius
Jan. 21 - Feb. 19
Your mind will race off in all sorts of weird and wonderful directions today and it could be a lot of fun — but it could also be dangerous. Try not to make important decisions until after Friday's full moon.

♓ Pisces
Feb. 20 - March 20
Focus on your own needs and desires and pretend that other people don't exist. That might sound a bit selfish but you've done more than your share for the greater good of late. Look after Number One today.

SALLY BROMPTON

Crossword: Canadiana

BY MICHAEL WIESENBERG



Across

1. ___ Spumante: Italian sparkling wine
5. Emergency room drips, familiarly
8. "It's easy as ___"
11. Speck in the ocean
12. Broth
14. Clairvoyant one
15. Circus animals that balance balls
16. Gore Vidal's ___ *Breckenridge* (or the 1970 movie)
17. Pine case
18. Toronto team (2 wds.)
20. Dix, ___, douze
21. Corrida cheer
22. "Do you understand?" (2 wds.)
24. Alberta and Saskatchewan became part of this on Sept. 1, 1906
29. Angry crowd
30. Bad dog
31. American ___: Pacific Ocean territory
33. ___ mode: with ice cream (2 wds.)
34. That girl
35. Winnipeg's "Taking Care of Business" band, for short
37. Key beside F1
38. "The sky's the ___!"
40. Canadian map dispensers
41. Bring home after expenses
42. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits with white running shoes
47. Amino and folic
48. "...a feeling of sadness comes ___ me": Longfellow
49. Mounties, in short
52. Western capital (2 wds.)
57. Cleveland's state
58. Red-wrapped cheese
59. Kept the engine running
60. Toronto group that backed Bob Dylan as The Hawks; with "The"
61. Amusement park attraction
62. Bed boards
63. Versifier's "before"
64. Start of a countdown
65. Potato buds

Down

1. "... against ___ of troubles": Hamlet (2 wds.)
2. Certain hockey shot
3. Betray, kid-style (2 wds.)
4. In a class by ___
5. "Woe ___!": "Alas" (2 wds.)
6. First spacecraft to reach Uranus and Neptune
7. Beach habitué
8. Long, long time
9. Mercedes ___
10. Some of the original inhabitants of Ontario
11. Belief
13. Italian dish
14. Nova ___
19. Parasite
23. "Make ___!": Jean-Luc Picard (2 wds.)
24. Baby discomfort
25. Harper's US counterpart
26. Anticipated
27. Signs
28. Proboscises
29. ___ de mer: seasickness
32. "Just ___ naturally"
34. Opp. of legato in musical notation
35. Prohibition
36. Forbidden
39. As like as two peas ___ (3 wds.)
40. ___ Range: mountains that extend from California to southern BC
43. Frogman
44. "___ my way" (3 wds.)
45. Surface again
46. Drily
49. Choir attire
50. Blacken
51. It isn't yours
53. US Treasury Department agents, familiarly
54. Wings
55. Wagers
56. Audiophile's collection

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	8		4				5	
			2				7	8
		6	3		7	1	2	
	2	3						
4								5
						3	4	
	4	1	6		3	2		
7	6				9			
	5				1		8	

Yesterday's Sudoku

Sharability

easy — hard

metro
WHAT NOT TO WEAR
Available anywhere.
Download the NEW Metro app today.
metro
News worth sharing.